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recreation. We must be good to ourselves, as good and kind as we are to others. Do not monopolize all the self-sacrifice, and unselfishness. Give others a chance to become saints as well as yourselves; to cultivate some of the christian virtues, while we cultivate some of the christian graces.

It makes the class of 1879-80 feel old in experience, though not in years or spirit, to see all these new ways, to keep up by study and practice in hospitals, from time to time, with the changes, to do the new ways while still thinking of the old, so indelibly stamped upon memory by repeated practice.

We indeed congratulate those about to enter upon a three years' course, upon the way made clear for them to get a complete training before being sent out; and we cordially reach out our hands in unity of aim and interest. Only the united loyalty of different classes and nurses, to each other as a whole, will bring harmony, and the want of such harmony will cripple our influence and success as a body, and hamper each individual.

NURSING PROGRESS IN DENMARK *

By MISS BODIL HELLFACH

LADIES: In reading you some facts about nursing in Denmark, I must explain that until yesterday I had supposed that a more qualified representative than I would do this, and you must excuse my lack of preparation.

Thirty years ago a few young women from the upper classes went for the first time to work in the hospitals. They met with much resistance and ill-will from the physicians and the authorities, but they worked patiently on, and so well, that this opposition soon disappeared, and more than a thousand others followed in their steps. There are now educated women in all of our great hospitals, some of which are old, others new and up-to-date, and the practical nursing in Denmark has now a high standard. The authorities have improved conditions and many hospitals have comfortable nurses' homes, the Kommune Hospital having built a fine one last year. Hours of duty have also been shortened, but we need to have matrons in our hospitals, we need regular training schools with systematic courses of training, and state registration, for now any woman can call herself a nurse and deceive the public.

In 1899 the Danish Nurses Association was started with about fifty

* Read at the Paris Conference, June, 1907.

members, now increased to over a thousand under the presidency of Mrs. Henny Tscherning. It requires a three years' training for membership, and works in all possible ways for the progress of nursing and the benefit of the members. Much has been accomplished in the past few years, of which I may mention:

1. A residence for private nurses, with comfortable rooms and meals.

2. A home for nurses who wish to have further hospital training (post-graduate work).

3. A system of life insurance and insurance against illness.

4. A fund to assist nurses during their training.

5. Classes in sick cookery.

6. A journal of nursing.

7. A home of rest for nurses.

8. Monthly social gatherings during the winter.

We greatly wish to obtain state registration, and our committee has approached the government upon this question. We hope that in the near future we may succeed in fixing a minimum term of training by this means.



BIER'S HYPEREMIA IN CASES OF BURNS.—*The American Journal of Surgery* in a synopsis of a paper in a German contemporary says: The severe pain incident to burns, especially of those of the first and second degree, is rapidly relieved by applying an elastic bandage or a rubber tube central to the injured member. As most burns occur on the extremities the bandage is readily applied. The elastic constrictor should be drawn sufficiently tight to produce hyperemia, but not so tight as to obliterate the pulse or produce edema. According to the severity of the injury constriction is kept up ten, twenty to thirty minutes, the bandage then loosened slightly and kept on for the same length of time and then again loosened before its entire removal. Pain at once ceases and does not return as intensely, thus doing away with the necessity of employing narcotics. In deep burns, if constriction is used daily night and morning until epithelialization is complete, the resulting scar is less dense.